

41 Ways a Labor Partner Can Help

In early labor, a partner can:

- * Help you get ready for labor
- * Encourage you with positive comments
- * Make you something light to eat or drink
- * Play cards, watch TV with you, find other diversions
- * Suggest a shower
- * Remind you to relax and focus

If you are having trouble keeping in focus, a partner can:

- * Reassure and praise you
- * Hold an object or picture for you to focus on during contractions
- * Suggest a walk or a position change
- * Ask extra people to leave the room
- * Place hands on your face and breath with you

If your abdomen hurts, a partner can:

- * Remind you to go to the bathroom often
- * Help you change positions
- * With a light touch, massage your lower belly and thighs

If you are having trouble relaxing, a partner can:

- * Place a hand over your hand
- * Have you shake both hands in the air
- * Touch you and remind you to relax
- * Talk about a relaxing time
- * Play music that helps you relax

If you have hot flashes, a partner can:

- * Wash your face and neck with a cool, wet cloth
- * Give you ice chips
- * Fan your face and body
- * Suggest a cool shower

If your back hurts, a partner can:

- * Help you change positions
- * Put a warm cloth on your back
- * Put a cold cloth or ice pack on your back
- * Press on your back with hands, tennis ball, pop can, etc.
- * Sit back to back with you so your backs can press together
- * Have you lean against the hurt with your own fists
- * Help you stand and lean against the wall
- * Help you get on you hand and knees and rock back and forth

If your legs and arms shake, a partner can:

- * Hold you steady so you feel more in control
- * Use a soft touch or long, firm stroking on your legs and arms
- * Rub your feet and hands
- * Put a warm blanket on you

If your contractions stop, a partner can:

- *Talk about labor and encourage you
- * Tell you how strong you are

- * Suggest a hot shower
- * Help you take a walk
- * Rub your back
- * Help you rest and relax